

THE PEOPLE'S KITCHEN

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NEWCASTLE



Hello and welcome to the latest edition of The People's Kitchen newsletter.

A VERY WARM WELCOME



It's been another busy year for us at the Alison Centre in Newcastle city centre as we continue to support our incredible Friends in the local community.

Several of our Friends arrive at our door through homelessness, while others can find themselves sofa-surfing, staying in hostels or places of refuge. Many are unemployed, lonely or living in poverty. For people who experience these difficulties, we are a light in the dark. The winter months are fast approaching, and this is always the toughest time of year for our charity and those who rely on it. |

In this edition of the newsletter, you will hear all about what we've been up to this year and what plans we've got cooking for the future. Recently a big bunch of loyal volunteers took part in the Great North Run, raising thousands of pounds in process, while we recently replenished our warehouse thanks to the generous donations around the harvest festival period.

Attention now turns to our annual 'Feed a Friend For a Fiver' campaign, which aims to ensure our Friends have a warm meal and some in-person support on Christmas Day and over the festive period as a whole. You can also find out how to become one of our corporate volunteers as we continue to look for businesses who are willing to give up some of their spare time to come and lend us a hand!

We run entirely on the support of the general public and without your help we could not help those in need across our region. On behalf of The People's Kitchen, we would like to thank you for your continued interest and support.

Aaron Stokes
Editor



THE CREAM OF THE CROP



Once again we have just celebrated the Harvest Festival at The People's Kitchen

Traditionally a feast shared among family and friends, in recent times it has become about sharing with those less fortunate than ourselves. This period can be especially difficult for the Friends who rely on our support, meaning this is the time we aim to replenish our warehouse supplies to ensure we can continue to help those in need.

Schools, churches, community organisations and our supporters in the business world represent some of our most supportive partners. Around 75% of our food for the year is donated thanks to the enormous efforts of these groups at Harvest Festival time.

We have forged strong links with over 300 schools, faith groups and community-led organisations across the region, as Harvest Festival time is a critical for The People's Kitchen. This has allowed us to replenish our warehouse at a crucial period, increasing our stock levels after a busy period.

We have also continued our year-round work in our fantastic allotment, with John and his team growing fresh fruit and veg, come rain or shine, to ensure we are feeding our Friends the very best ingredients (and ensuring they get their 5 a day!) in our homemade dishes! We have been aided in this quest with a new greenhouse which allows us to tend and harvest crops – even when the weather is cold and snowy!

Take a look at these pictures to see how our warehouse and allotment looks after your incredible summer donations!



FUNDRAISING RUN

The Great North was back on our doorstep and that means The People's Kitchen had to send another army of volunteers to pound the pavements for our worthy cause!

This year we absolutely smashed our fundraising tallies of years gone by as our team of over 20 runners raised a whopping £11,000 by taking to the streets to run the 13.1mile journey from Newcastle to South Shields!

The funds raised will go such a long way in the coming months, helping us to continue being there for our Friends, providing a warm welcome, food and friendship.

In previous years, the money generated from Great North Run day has helped keep our 'Corner Shop' stocked up, which means it is now a permanent fixture of our evening service at our venue. It therefore means we can provide a small 'food parcel' to families in need, including household essentials and tasty treats.

Another example of incredible fundraising for our cause came earlier this year when local runners from Birtley Athletics Club (BAC) supported The People's Kitchen with their own athletic challenge.

Club members took part in a 136-mile continuous relay run from York to Birtley, showcasing their dedication and compassion for our well-loved charity.

The relay started at the historic York Castle with runners following the National Cycle Routes through Yorkshire, Teesside, County Durham, and Newcastle, before making a stop at The People's Kitchen prior to returning to Birtley Golf Club. The marathon effort took just 22 hours and 15 minutes to complete.

Tommy Milmore, Senior Club Coach and Committee member at BAC organised the fundraising run. He and the team were very impressed by what they saw when visiting The Kitchen.

"The staff are all volunteers and were continually working, either cooking, serving, clearing tables or handing out bags of food. Their workload and commitment were very impressive. It was very humbling and gave us all a feeling of 'counting our blessings' and being thankful for what we have."

But the pavement pounding does not stop there! An exiled Geordie now living in Cambridge has pledged to support The People's Kitchen in Newcastle by embarking on a remarkable journey running the distance between Lands' End and John O'Groats in stages.

Mick Lazarus is no stranger to fundraising as last year he took on a three-day challenge simulating climbing the height of Everest for local charities.

Choosing to support The People's Kitchen, Mick has revealed his connection to the region, saying: *"I'm a proud Novocastrian and I moved down here many moons ago. The People's Kitchen does incredible work supporting vulnerable people in the area, and I want to raise funds to aid their important work."*



great run
2025

Fancy giving us a run for our money?

If you would like to run for The People's Kitchen in the 2025 Great North Run, or simply fancy raising money for us by taking on a different challenge in the coming months, please feel free to get in touch with us at: maggie.pavlou@peopleskitchen.co.uk



More tales of incredible generosity

THE HIGHLAND 500

My name is Peter Irlam and I've been volunteering at The Peoples Kitchen on a Tuesday evening since June 2022. I, together with two pals and nineteen other cyclists, varying ages, and abilities from across the world recently took part in the Highland 500 cycle ride.

North Coast 500 is a stunning tour of the Scottish Highlands cycling from Inverness to the Scottish west coast, north to Durness before looping back south through the central Highlands and returning via the Black Isle peninsula.

Setting off on a breezy Sunday morning we cycled a total of 61 miles to a place called Lochgarron. This was a typical distance covered each day which much needed stops every 2 hours for hot drinks, plenty sweets and a hearty lunch of soup and sandwiches.

Next it was our toughest day as cycled to the west coast via 'Bealach na Ba' described as the 'UK's greatest ascent of any road in the country'. This beast of a climb is not for the fainthearted and there is no tougher or more rewarding climb in the whole of the UK!"



Over the next three days we cycled north taking in the beautiful scenery of the west coast of Scotland staying in Ullapool for 2 nights and finally arriving in the north coast town of Durness after battling with Storm Lilian which kindly joined us bringing high winds and heavy rain.

We then cycled southwest to stay in Invershin and finally on the last day via the Cromarty Ferry to our destination Inverness. I'm pleased to say we all completed the course, without a single puncture and only one broken chain.

Thanks to the generosity of fellow volunteers, friends, colleagues, and family with an **initial target of £1000**, The Peoples Kitchen is better off to the tune of £1889.31 in donations plus £438.75 in Gift Aid, bringing a **total of £2,328.06**.

Congratulations to all who took part and many thanks to the organisers Peak Tours, without which I would never have made it.

A VERY SPECIAL GESTURE



For those who don't know, The People's Kitchen was founded by a woman named Alison Kay back in 1985. Now, over 20 years after her passing she has been honoured in brilliant fashion.

North Star Shipping has called one of its support vessels 'The Alison Kay', in her memory. North Star Shipping assists the offshore wind sector, and the dedicated boat is a support vessel to the Grampian Derwent.

Charity trustee **Maggie Pavlou** commented on the amazing tribute, telling the BBC it was fantastic people would be able to see Mrs Kay's name on the River Tyne. *"Alison Kay started The People's Kitchen more than 30 years ago and her legacy has made a significant impact on the community, providing essential support and care to those in need."*

We'd like to take the opportunity to thank North Star Shipping for the amazing gesture!

TIS THE SEASON

Christmas is around the corner



It's the most wonderful time of the year – and it's also the busiest here at The People's Kitchen. We remain open every day in December, as normal, and offer regular services on Christmas Eve, Christmas Day, Boxing Day and New Year!

So, how do we make sure we continue to offer support, while making the festive period a fun-filled one for all of our Friends? Well, we will come to the big fundraising aspect in a second but let's start by giving a taste of what we do in the run up to the visit of Santa.

Firstly there's our big, annual Christmas Party where we invite our Friends and volunteers in for dancing, singing and lots of fun. In recent years we have welcomed special celebrity guests to turn on our building Christmas lights, while food vendors from around the region kindly lay on some amazing, and free, grub for all in attendance!

Gifts are also given out on the evening, while some familiar faces from around the city show up to offer their support. In recent years, we have been commended by David Wilson Bavaird JP, the High Sheriff of Tyne and Wear, in recognition of great and valuable services to the community at the party.

As well as throwing our legendary street party, we also offer a unique advent calendar throughout the month of December.

One of these 'live' advent calendars, unveils a daily 'sweet treat' for each Friend as they leave the Kitchen after their dinner. Sponsoring a day on the Advent Calendar costs £250, and sponsors receive visibility with their company logo and a 'Thank You' message across all The Kitchen's social media channels on their sponsored day.

A Secret Santa Service will ensure every child or grandchild of a People's Kitchen friend will receive a Christmas gift bag with a toy or game, a book, and a selection box. Sponsoring a child's Christmas Gift costs £25. We would also encourage people to make a donation instead of sending Christmas cards!



FEED A FRIEND FOR A FIVER



To ensure we can continue to put on all these wonderful activities and help those most at need in our community, we are once again asking our incredible supporters and kind-hearted Geordies to donate to our Feed a Friend for a Fiver campaign tthis winter.

This campaign is something we have tackled for several years and each time it makes a significant difference to those who come to The People's Kitchen over the winter. Your £5 donation makes it possible for our Friends to enjoy a three-course meal in a safe space on Christmas Day.

So, why is this campaign so important for us and to the people of this region? We currently provide more meals than ever before and with the rising cost of living we need more donations to ensure we can continue to help those people in the city who desperately need our help.

We know life is tough for more people than ever this year, so anything that you can give will be especially poignant this Christmas and will make a massive difference to someone less fortunate.

In terms of Christmas itself, we have our hard-working volunteers in the kitchen every single day across the festive period. There's a late service on Xmas Eve and a full Christmas dinner served on December 25th. As well as serving a hot meal, volunteers provide friends with clothes, well-being packs, food parcels, and sleeping bags. Not only on Christmas Day, but seven days a week all year round.

But as well as your generous donations, we need your help in spreading awareness for this campaign. A simple share on social media can help raise funds. We encourage you to tell your friends and family about this amazing campaign too.

"The People's Kitchen is a safe haven for our friends, and when life isn't easy, we are the stability they need. Without the generosity of the general public, we could not do the work we love doing so much. Your £5 can help provide our friends with a warm welcome, hot food, clothing, toiletries, and most importantly, non-judgemental friendship. We are so grateful."

Maggie Pavlou
The People's Kitchen, trustee



Every penny counts...

Donations can be made via our website: www.peopleskitchen.co.uk/feed-a-friend or you can Text **KITCHEN 5** to **70490**.

To keep up to date with our festivities over the Christmas period, follow us on **Facebook**, **X** and **Instagram**. Once again, thank you for your continued support.

NOT YOUR AVERAGE 9 to 5



Can you and your business help us in the coming months?

As always, if your company has any end-of-line products or surplus stock, we can put it to great use at The People's Kitchen. However, you can also donate your time to help us during the day as we prepare for one of our evening shifts.

In recent months, we have welcomed an array of businesses to our city centre venue where employees have gotten their hands dirty with a range of jobs. Every day of the week people volunteer with our core teams to lend us a helping hand during our busy shifts!

One of the corporate guests we have welcomed through our doors this year is recently-formed, sustainable train operator 'Lumo', who have helped to fundraise and spread awareness of The People's Kitchen.

Over the course of two days, Lumo staff helped raise awareness on site at Newcastle Central Station and on social media. Contactless fundraising was available on each Lumo train journey, allowing the company to spread the message to over 7,000 passengers.

Martijn Gilbert, Managing Director of Lumo, who visited our Newcastle base and got stuck in with some hard work, said: *"We saw the opportunity to use our second anniversary to celebrate the vital work People's Kitchen do. We bring tens of thousands of people home to Newcastle every month, but rarely do we stop to think about those without a home to go to."*

"The People's Kitchen rely on donations to survive so we hope our passengers will contribute to a fantastic cause. People's Kitchen provides crucial services to the most vulnerable people in our home city. We believe everyone should be treated with respect and dignity. We feel it's appropriate, given the stark figures on homelessness in Newcastle, that we work with our colleagues and customers to raise funds, rather than celebrate our own success."



"I loved it so much I asked service Team Leader Alex if I could stay on after 4pm and do the evening shift – just to follow the whole day through and see how it worked. (I am DBS checked through work). Thankfully he agreed and I was put on soup which was incredible. The evening team were just as hard working, diligent and extremely welcoming with me. The way they all interact with the Friends was extremely humbling to watch. Constant smiles on their faces and genuine concern and customer service levels were outstanding."

"In short – you all have an amazing team over there whose communication skills with each other is first class and I just want to thank you on behalf of CPI for welcoming us for the day (it will take days for my feet to recover!)"

Encourage staff to volunteer for us through your company policy. Policies such as a recognition system for volunteers, celebrating National Volunteering Week, allowing staff to use company time for volunteering, or giving lieu for weekly volunteer hours can create a huge volunteer network for us.



"Yesterday myself and 4 colleagues had the pleasure of volunteering at the Kitchen and I just wanted to drop you a line to say how much we enjoyed ourselves and how much the volunteers you have working there are an absolute credit to the charity."

"We met Steve who was in charge for the day as well as Heather and others who we witnessed working non-stop throughout the day. The whole team was brilliant, and their clear connection and communication skills were a joy to watch"

"It's clearly impossible to ever imagine what goes into running a kitchen for a day – until you experience it like we did. They certainly kept us busy!!"



OUR PARTNERSHIPS

It was recently announced that Newcastle University will continue their partnership with The People's Kitchen after naming us as their 'Charity of the Year' in 2023.

The first year of the partnership saw a whopping £1,270.32 raised, in addition to generous amounts of food and clothing donations across the 12 months.

During the next year of the partnership, the University is aiming to raise an additional £1,500 for us – and has planned activities to make this happen, such as cake sales, yoga fundraisers and Great North Run plans.

Jaclyn Wright, Engagement Officer at Newcastle University Business School, recently said: *"We are looking forward to the next year as we continue our partnership with The People's Kitchen. Keep an eye on our socials to stay up to date with our fundraisers and collections."*

Paul Richter, Senior Lecturer at Newcastle University Business School, told the University's website: *"My day volunteering at The People's Kitchen brought a complete change of pace from lecturing and research. I've never peeled so many potatoes in my life – I think the manual work did me good. It was the least I could do to give up a few hours of my time to support a service for people who are less fortunate than me. I encountered some very kind and generous volunteers who regularly devote their time and energy to the charity, sometimes year after year. I'd like to repeat the experience, perhaps with a few of my close colleagues next time – you never know, we might hatch a plan for the next funding bid over the potato peeling!"*

A range of businesses choose to help us in various ways – including Womble Bond Dickinson, an international law firm who aren't even based in the North East! Christie Miller, a solicitor at Womble Bond Dickinson and her colleagues have been actively volunteering at The People's Kitchen giving essential support to vulnerable people. Located just steps away from their Newcastle office, the firm has built a meaningful partnership with The People's Kitchen, making it their chosen charity for the year.



"At Womble Bond Dickinson, each of our UK offices selects a charity to support, and the overwhelming choice in Newcastle was The People's Kitchen. Our proximity to the charity's location allows us to see their work firsthand, and we're able to be there quickly when needed. Our team members feel a real connection to the work they do."

Christie Miller
Womble Bond Dickinson

MISSION, VISION, CORE VALUES AND BEHAVIOURS

Our 'Mission, Vision, Core Values and Behaviours' are key to the work we do here. Our aim is to demonstrate a generosity of spirit in everything we do. As our founder Alison Kay once said: *"We are not here to see through one another. We are here to see one another through."*



Our Mission

It is our intention to build a community of Equality, Friendship and Peace. We believe that all people are worthy of respect. We wish our community to be a place where each cares for the other and the most vulnerable are highly valued. A place where we encourage one another to use the gifts we each possess for the good of all.

Our Vision

To create a safe, warm, friendly and supportive environment, that makes the lives of people who are homeless, vulnerable or disadvantaged a little better, every day.

We demonstrate a Generosity of Spirit in everything we do.

- **Friendship** We provide a warm and friendly welcome to everyone.
- **Equality** We are non-judgmental, treating everyone with respect, integrity, dignity and kindness.
- **Peace** We offer a temporary place of refuge away from day-to-day pressures.
- **Ambition** We deliver the very best service we can for our Friends.
- **Engagement** We actively communicate and engage with Friends, Volunteers, Donors, Partners and our Community.
- **Partnership** We work with partner organisations to ensure the best possible outcome for our Friends.

WHY DO I VOLUNTEER?



Darryl Milner, who works on the Thursday evening team, explains exactly how he got involved with The People’s Kitchen– and why he’s never looked back since!

“About 2 years ago I was walking along the Tyne before work one morning, flashing police lights drew my attention to the far bank and when I looked, there was a body lying in the mud under the Redheugh bridge.

To that point I think my life had been pretty sheltered. I’ve seen the beggars and homeless but to my shame, thought very little about it, what could I do? How could I make a change? If I’ve had any change in my pocket, I’ve given it gladly, bought the odd coffee/sandwich etc but that was the extent of it.

That young man, laying in the mud, shocked me. The same night, walking home by the law courts, another young lad, early 20s, was hanging over the railings threatening to jump into the river. I managed to talk him back over the rail and took him to Tesco to buy some food and give him some company for a while. He told me he’d not eaten for a few days, lost his Mum and his home and as much as the first young man impacted me, this one hit harder. Here was someone I could help but how? I can’t keep buying food every day or spend hours looking after him. That was when my wife suggested I look into the People’s Kitchen. The rest is history and I’m now part of the blooming fantastic Thursday night team.

That first shift was an eye opener, I knew nothing of the level of desperation in Newcastle (and the wider country) nor did I know anything about the amazing organization we all volunteer for. I was oblivious to the fact that it wasn’t just the rough sleepers that needed help, but the students, the anxious, adults with jobs and homes but not enough resources to feed themselves and their family, or sometimes, just people who have fallen through the cracks and need a little bit of help and support.

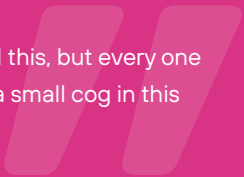
I found The People’s Kitchen was more than a “soup kitchen” for the homeless. It was a lifeline for so many people. I can look back and say I was sad to the point of tears after that shift, talking to my family about what I’d seen and how I helped that night (on the shop of all things to start with!), but I was also elated and excited that I had found a way to give a bit back and help those who so desperately needed it.

Over the last 18-20 months I’ve missed 3-4 nights, my family still insist I take them on holiday! I’ve made some incredible friends among the Thursday team. We’ve had some laughs, I’ve done first aid training, we have had some rough nights breaking up fights or trying to calm some of the more agitated friends down, but I TOTALLY get why we call them the “friends”.

When the regular ones come in and call your name, ask you about your day, you know you are doing something right, when the new ones come in and say how amazing The People’s Kitchen is and how it’s been a lifeline and saved them, you know it’s not an exaggeration. And when 1 person, just one, looks at you and says THANK YOU, see you next week, it makes all the effort worthwhile. It’s my dopamine hit.

This February I turned 50, and I wanted to give a bit more this year, mark my 51st trip around the sun with something notable. Around Christmas we had a guy sleeping rough for 8 weeks in 8 cities, trying to set up his version of The People’s Kitchen in Edinburgh and he inspired me to try to raise a little cash for the charity. So every day in March I got in cold water. I don’t mean dipping a foot or hand in, I mean full on submerged in water as cold as 1 degree for up to 10 mins or more, sometimes in the sea at the coast on a beautiful morning, some days in my icepod (think adult paddling pool) in my back garden, 10pm at night, in the wind and rain, after a full shift at The People’s Kitchen – but every day for 31 days I did it. Got cold, very cold, even managed to drag 3 of the ladies from our Thursday team with me one day to Tynemouth and people actually gave money for it! I humbly raised over £1600 for the The People’s Kitchen and was over the moon. Then realized, at £5 a meal, it paid for ONE of our busy nights!

The People’s Kitchen is amazing, and I don’t need to tell you all this, but every one of the volunteers is incredible, and I’m happy and proud to be a small cog in this fantastic machine!



OUR VOLUNTEERS GIVE BACK IN OTHER WAYS TOO!



One of our amazing volunteers not only helps the people most in need in our region – but also closer to home. This is their amazing story.

Back in March last year my step mum, who had been looking unwell, said she needed a kidney transplant. Immediately I said: “I’ll put myself forward”

A whole lot of tests then followed for me: a very full look at my medical history, endless blood samples, urine tests, chest x-ray, ECG, kidney function test where a radioactive fluid is injected in you and then a scan done to see the percentage that each kidney works (ideally, they need to be functioning fairly equally). Then psychological profiling for me to see how my self care is and to question how I’d cope if the transplant went ahead but the kidney was rejected or my sternum died during surgery – I answered “we have to give this a go, without it her life is so limited.”

Then the news came that we weren’t a tissue match, so the only option was to go into a scheme called Living Kidney Shared scheme – the rates for rejection are much lower from a living donation than from a deceased donor – the scheme finds donors and recipients that are a match.

In February this year we heard that matches had been found for both of us (I’ve learned this is rare for it to happen so quickly). We then had to meet with a Human Tissue Assessor to thoroughly check we were aware of the risks, to prove that we did know one another (this involved a few marriage certificates) and to ask if I’d been coerced in any way to have the procedure. It’s very thorough, intense and very emotional.

Eventually in May I had my left kidney removed. Not going to lie the first week wasn’t fun but liquid morphine helped a lot! I will receive a yearly check up with the wonderful renal department at the Freeman Hospital.

A lot of rest for me and a whole lot of anti-rejection drugs for my step mum and we are both doing great. Seeing her with her sparkle and bounce back is one of the best feelings and I feel immensely honoured to have helped her and the stranger who has my left kidney!

THE FUTRE IS BRIGHT FOR ANTHONY



Anthony McKiddie from the West End of Newcastle is living proof anyone can turn their life around.

Once homeless, Anthony was a regular attendee of The People’s Kitchen as he navigated a tricky period of his life. Now, he gives back to the community by offering his time and services as a volunteer.

“I started volunteering in the clothing section before the pandemic, but when COVID-19 restrictions hit, I moved to working in the kitchen, helping to prepare takeaway food bags for those in need,”

“The staff here have been incredible, not just the ones I work with on Wednesdays but everyone. They’ve helped me through so much, from housing issues to mental health support. I wouldn’t be where I am without them.”

The People’s Kitchen exists to offer a lifeline to people, whether they are homeless or simply in need of everyday essentials when times are tough. Anthony spent years on the streets, with his mental health suffering as a result, but is now thriving with new home, his partner and his new-born baby, Ava.

“People think this service is just for the homeless, but it’s not. Since the credit crunch, we’ve seen people who are working but can’t afford to feed themselves or their families. They come here for a meal and leave knowing they can at least take care of their kids. It’s a service for anyone in need, not just those without homes.”

Genevieve Barlow, a dedicated volunteer, plays a key role in helping individuals move from life on the streets when they find new accommodation.

“We’ve helped Anthony several times over the years, including settling into his new home,” she said recently. “More recently, he and his partner have just had a baby girl, so we’ve been supporting them as they build their new family together. He’s a lovely lad—he used the kitchen services years ago, but now he’s giving back as a volunteer.”

Our ‘Make a House a Home’ projects supports people who have moved off the streets into their very first flat. Parcels of essential household items—basic kitchen supplies, bedding, and more—are put together to make that transition smoother and more successful. The project aims to provide stability to those embarking on the next chapter of their lives.



JOIN OUR TEAM

Fancy becoming a permanent member of our team? We have a range of opportunities, across a number of days and shift slots, should you wish to offer your time to lend us a helping hand. You can apply online or email us recruitment@peopleskitchen.co.uk.

WAREHOUSE

Our work starts in the warehouse, where our volunteers organise goods, sort food, receive menus, and load the cages that deliver essentials to the Alison Centre.

ALLOTMENT

To serve our Friends with nutritious meals that are important to keeping them healthy, our team of allotment volunteers work hard to grow fresh produce for The Kitchen.

DRIVERS

Our drivers collect food donations from local businesses, religious groups, and community groups, as well as undertaking bulk shopping, and washing and maintaining our vans.

WELFARE

Volunteers provide support services and vital information to our Friends by becoming part of our welfare co-ordination, Your Futures, the welfare team providing support to our Friends in times of crisis.

TEAM LEADERS

Our team leaders keep The People's Kitchen running by overseeing staff rotas, food hygiene and temperature checklists, health and safety, ordering equipment, and liaising with the warehouse and outside agencies.

SUPPORT

We rely on a variety of supporting roles, including our Board of Trustees, as well as recruitment, fundraising, treasury, admin, press, IT, training, transport, speaker, and health and safety teams.

EVENTS

Our lively event volunteers bring Friends together for social activities including music nights, bowling, day trips, the Rambling Club, Camera Club, cards and crafts evenings, and the beloved Christmas celebrations.

IN-HOUSE FRIENDSHIP & FOOD

Seven days a week, our crews deliver friendship and food from the Alison Centre to our Friends in need.

FOOD PREPARATION

Meals at The Kitchen are the cornerstone of our service, so our team of cooks work hard to prepare soup and meals for our Friends and in-house teams.



HOW WE TRAIN OUR VOLUNTEERS



At The People's Kitchen we invest in our volunteers by providing them with training that will help best equip them to provide the best experience for our Friends.

In 2024 we have over 100 volunteers trained in First Aid, Naloxone administration for opioid overdoses, Trauma informed Training, Conflict in the workplace training. Zurich have kindly funded volunteer training as they understand how important this is to the welfare of our friends and volunteers. Our aim is for all trustees, team leaders and volunteers to go through this training.



But what have people said about their experiences of it? We asked those who took part to leave us their feedback!

"The trainer was really good, and I feel I can now do CPR, dressings and even use the bleed kit - this will help me at the kitchen but also with children which is great as I now with my grandchildren"

"The training gave me lots of knowledge on drugs. I have used the naloxone since which I was nervous about but found it easy, this could have saved a Friends' life"

"The conflict training helped me think about how I react in situations at The People's Kitchen and what I can do differently to defuse things. The trainer was a police officer and so had lots of experience; he used scenarios that could happen at the kitchen which was good."



The Queen's Award
for Voluntary Service

THE PEOPLE'S KITCHEN

The Alison Centre
56 Bath Lane
Newcastle upon Tyne
NE4 5SQ

0191 222 0699 | 0800 488 0415
www.peopleskitchen.co.uk

✉ info@peopleskitchen.co.uk

📷 [peoples.kitchen.newcastle](https://www.instagram.com/peoples.kitchen.newcastle)

✂ @PKnewcastle

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